CCEA CROSS CULTURAL EXCHANGE ASSOCIATION

Volume 8 • 2026

NOVEMBER NEWSLETTER



November General Meeting

Let's kick off the holiday season with a little sweetness! Join us for a fun Sweet Exchange at our November General Meeting, where members can share the homemade or store-bought treats they love to enjoy during the holidays.

Whether it's a treasured family recipe, a traditional holiday favorite, or a delicious store-bought treat, bring something sweet to share and discover new favorites from our wonderful multicultural community!

If you sign up to participate, please remember to:
-Bring your favorite homemade or store-bought holiday treats to share.
-Include a list of ingredients with your treats, especially to help members identify potential allergens.
-Bring a container to take home some delicious sweets to enjoy later!

We look forward to celebrating the holiday season together, sharing traditions, discovering new flavors, and enjoying a little sweetness with our CCEA community.

General Meeting
November 6th 2026

Aichi International Plaza:
10:30am

1st Floor Large Meeting Room
2 Chome-6-1 Sannomaru, Naka Ward, Nagoya, Aichi 460-0001
5-minute walk from Nagoyajo Station, Exit 5 (Purple, Meijo Line)



November

CCEA CROSS CULTURAL EXCHANGE ASSOCIATION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Book Club	3	4	5	6 CCEA General Meeting	7
8 Art Club	9	10	11	12 Yamato-e	13 CCEA Board Meeting	14
15	16 Pilates Hiking & Walking	17 Kimekomi	18 Zumba	19 Language Exchange CCEA Event: Kimono Dressing	20	21
22	23	24 Porcelain Painting	25 CCEA Fall Trip	26	27 Yamato-e	28 Ikebana & Calligraphy
29	30 Global Bites					

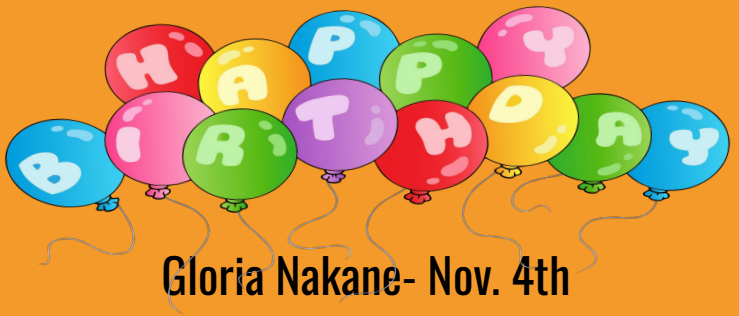
November is one of the best months to enjoy shun (旬), the Japanese tradition of eating foods at their seasonal peak. As the weather cools, markets and restaurants fill with comforting autumn flavors, from roasted sweet potatoes, chestnuts, and persimmons to earthy mushrooms, kabocha pumpkin, and sanma (Pacific saury). You'll also find seasonal favorites like pears, apples, ginkgo nuts, and lotus root. 🍁🍉🌰

SAVE THE DATE

Upcoming General Meetings

Dec. 4th

Join us for our annual CCEA Holiday Lunch at the beautiful Garden Restaurant Tokugawaen. It will be a special opportunity to celebrate the holiday season together, enjoy a wonderful meal, and spend time with fellow CCEA members.



Gloria Nakane- Nov. 4th
Thisaranie Athukorala- Nov. 7th
Novelia Siagian- Nov. 14th
Eliane Ueda- Nov. 26th

Member Spotlight



Lekshmi Sushama Babu

Hello, everyone!

My name is Lekshmi, and I joined CCEA at the beginning of this year. I'm from Kerala, a southern state of India, and I moved to Japan a year ago with my husband. I'm 33 years old and a Zumba instructor by profession.

My hobbies include dancing, listening to music, going for walks and hikes, and spending time in nature. I love travelling and exploring new places. I also enjoy meeting people from different walks of life, and I'm glad to have found CCEA!

I'm also the Zumba leader at CCEA for this term, and I look forward to meeting you all at upcoming events.

Are you ready to launch an impactful new group? Contact us for more details on turning your ideas into action!
Email: Nagoyaccea@gmail.com

Interest Group Directory

Art Club
Kaori Yamaguchi
kawori.y.220@gmail.com

Book Club
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Shuuko Adachi
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Day Trips
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Global Bites
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Yamato-e
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Zumba
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CCEA CROSS CULTURAL EXCHANGE ASSOCIATION

2026 Board Members

President:
Manisha Kundu-Nagata

Vice President:
Chihiro Okuno

Program Coordinators:
Shannon Young
Anglai Jimenez
Mutsumi Ishii

Membership Coordinators:
Takeno Matsuda

Financial Coordinator:
Manisha Kundu-Nagata

Catering Coordinators:
Naomi Hasegawa
Cholponai Kyrgyzbaeva

Marketing & Recruitment Coordinator:
Samantha Brunner

Administrator:
Samantha Brunner

Are you interested in becoming a board member? Please contact us for more information!

nagoyaccea@gmail.com

CCEA

Cross-Cultural Exchange Association
Nagoya

Stronger Together

Fundraising

We're raising money to donate to
Second Harvest Nagoya.

Your support will help provide food and resources
to individuals and families in need in our community.

DONATIONS WILL BE COLLECTED AT OUR
NOVEMBER MEETING
FRIDAY, NOVEMBER 6TH

Second Harvest Nagoya
FOOD • SUPPORT • COMMUNITY

Any amount is welcome!

Let's come together to support local charities and our community.